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ISSUE 52 • FREE

ELLE

WITH ROSIE  
ROBINSON

# SURVIVAL OF THE FITTEST

DOLLY DIAMOND • LEAH HARRIS • DIXIE LOVE • LILLY MAY  
AMIE CONRADINE • CHLOE BODIMEADE • LAURA PHELPS  
HELEN JADE • REBECCA LOUISE • HEFFY WHEELER • NINA TERROR  
AND MORE...



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# Amie Conradine

**Hi Amie, ow does it feel to make it in to the Elite Fitness special?** How do ya think it feels? Fucking awesome!

**Do you consider yourself a fitness fanatic?** I'd rather call myself a fitness enthusiast :) Fanatic implies I'm working out constantly but I'm not I just workout whenever I can and try to make as much time for it as possible.

**What is your favourite way of keeping fit?** Performing on stage or doing any kind of physical activity really :) I enjoy working out with my boyfriend at his local gym 5 Elements in Basildon. He's a British and World Champ amateur K1 Kickboxer so it's always a fun and sometimes painful experience training with him! ;)

**What would you say your best feature is?** My legs are by far my strongest and the leg press machine is my best friend haha! My abs are also strong although I need to shred some body fat off of them to show their full potential ha.

Model: Amie Conradine  
Photographer: Digital-flow.co.uk  
Words: Neale McGeever









Model: Amie Conradine  
Photographer: Digital-flow.co.uk  
Words: Neale McGeever









**What would you recommend for those reading this who want to keep fit?** Train your mind and your body will follow. Brain power baby! Without that well you're pretty much fucked haha.

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** Nope, I've never seen any real defining results from it on anyone who has either.

**Do you prefer men who keep fit?** Yes not because of the obvious physical extras they get but because I love a man who is passionate and dedicated to something he loves. That is what makes a man truly sexy. Don't get me wrong though I love athletic muscles!

**Who to you look up to in terms of the 'dream body'?** Not gonna lie I have no idea what their names are but I would love to be real proper shredded. Athletic kind of muscles not the bodybuilding type that just wouldn't suit me, much respect to all the big bodybuilding ladies out there though! :)

**What's your next fitness goal?** Shred, build, shred, build! Strength and beauty combined!

Model: Amie Conradine

Photographer: Digital-flow.co.uk

Words: Neale McGeever









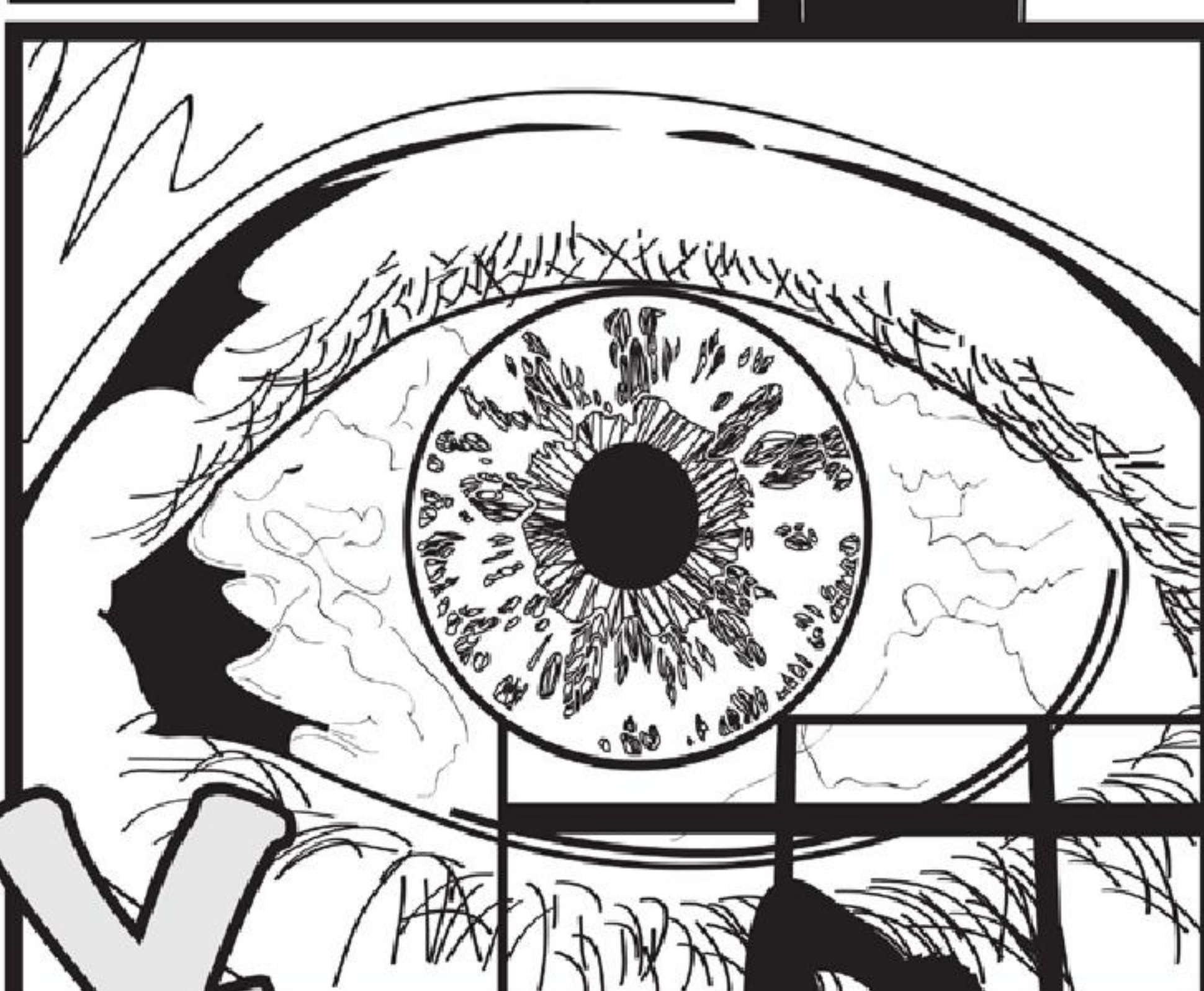




**DO YOU BELIEVE SEX IS GOOD EXERCISE? YES! BUT  
I'M MORE INTO MY MAN DOING THE POUNDING,  
RATHER THEN ME DOING THE BOUNCING ;)**







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# MISS PIXIE

Photographer: Jack Russell











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# DOLLY DIAMOND

Photographer: Dekker | Words: Neale McGeever











**Ahhh Dolly! It's always a pleasure to see your face... How does it feel to make it in to the Elite Fitness special?** It feels pretty fucking rad, especially considering I ate a tub of Ben and Jerrys in ONE sitting the other week.

**Do you consider yourself a fitness fanatic?** Yes. I literally love to get up and go and jump around all day everyday and I always want to play. Going to the gym or fitness class or doing something active is one of the only ways to tire me out.

**What is your favourite way of keeping fit?** Spin class is terrifying and your arse aches for days! Yoga is key to coping with aches though and I never used to be able to touch my toes... now the possibilities are endless.

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Model: Dolly Diamond  
Photographer: Dekker  
Words: Neale McGeever



**What would you recommend for those reading this who want to keep fit?** Walk. Stop driving everywhere. Or catching a bus. Explore! Find something you like doing. That way you'll never feel like it's a drag. Make healthier food choices.

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** The squat challenge made a difference in the first couple of weeks but unless you're pushing your body it won't change much. Lifting weight when doing squats gets better results and faster. I plan on starting the 30 day shred very soon so get back to me on that :)

**Do you prefer men who keep fit?** Yes and no. I like to be able to go for a hike or compete against boxing, then go home for a slap up meal and a movie followed by a duvet day ;)

**Who do you look up to in terms of the 'dream body'?** Instagram is full of fitties. I just look up to someone who started with or has a similar frame and build to me so I don't set unrealistic goals for myself. Mercedes Edison is freaking rad. Jodie marsh is crazy hot and 'gypsy one' is a dime. It's not about being skinny, it's about looking after yourself.

**Do you believe sex is good exercise?** 100000% it's great for fitness. Good cardio and stretching, amazing for toning if you're doing it right.

**What's your next fitness goal?** University is over soon so I'll be able to get more out of fitness. Some of the agencies I'm with promote very slim girls with not a lot of definition, but my goal is to be in optimum shape. But balanced.

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Model: Dolly Diamond  
Photographer: Dekker  
Words: Neale McGeever







**WHAT WOULD YOU SAY  
YOUR BEST FEATURE  
IS? I ONCE GOT TOLD  
I WAS 70% EYES. MY  
BODY ISN'T CURRENTLY  
MY STRONG POINT.  
FOREVER IMPROVING  
AND NEVER SATISFIED.**



# Lost Without Leah

Hello you gorgeous lot!

Thanks again for all your lovely letters! This month is very female orientated; I do like to hear from you lads out there too!

I hope you've all been enjoying this beautiful weather! I've been hanging out at a couple of shows, selling some merch for my boys in Wicked Snakes and drinking too much whiskey! Spring is around the corner and I cannot wait!

The girls in this issue are INSANELY HOT, you lucky lucky bunch! Tweet me your favourite of the month over at @leahharrismodel – I'd love to know! As always, keep checking my Instagram: @leahharrismodel and Facebook: [www.facebook.com/leahharrismodel](http://www.facebook.com/leahharrismodel) for new stuff! And send me ton of cute emails to read at [leah@eliteonlinemag.com](mailto:leah@eliteonlinemag.com) – I love hearing from you guys!

Smooches!

---

*Dear Leah, my boyfriend is in a metal band, I was cool with it to begin with, but now they've become more popular they're on tour all the time. I miss him like mad, he can barely text me and I'm worried about the "groupies". I trust him, just not them!*

*Oh a fellow WAG ;) seriously, don't sweat it, the chances are your boyfriend wants to arrive, set their shit up, play and then get so drunk with his friends he won't even know what to do with his willy! Trust him; trust is so important when your boyfriend is away a lot. Have you been to any of their shows? Tag along one night, I bet you'll be surprised! Are you close to his band mates at all? I bet they wouldn't let him do anything stupid, even if he wanted to! Text him some cute things that he'll be able to pick up when he gets to the venue, followed by some saucy stuff before you go to sleep ;) he won't be able to get you out of his mind!*

*Dear Leah, I'm going to Leeds this year, but it'll be my first festival! Do you have any tips about how I can survive without my hair straighteners?!*

Dry shampoo, dry shampoo and dry shampoo! Or hide yourself under a straw hat. I love festivals, the first day is always a fashion parade, but after a night of vodka, awesome music and a lot of mud, it's all forgotten! Fuck the hair straighteners; see some amazing bands (the line-up this year is awesome!) – And get absolutely wankered! Just don't forget to take plenty of water and a ton of wet wipes! I will see you there!

*Dear Leah, I work pretty closely to a guy at work, he always flirts with me, harmlessly (I think) and makes a few suggestive comments. I'm in a relationship, as is he, but the problem is I can't stop thinking about him. I wouldn't cheat on my boyfriend, it's just a fantasy but I'm worried he's picking up on it!*

Shagging work colleagues is for drunken Christmas parties. It's March. Don't do it, you should NEVER mix work with pleasure, not to mention you're in a relationship, but imagine the awkwardness and that'll put you off! On a serious note, there is no harm in flirting, we all do it, us girls love attention, but going any further is cheating. And that is wrong, which I'm sure you know! Maybe take a step back, ask to work with someone else for a while until you've cooled down you minx!

*Dear Leah, it sounds stupid, but I got really drunk on a night out and snogged my friend, now I can't stop thinking about her. Up until now I've always been into guys, never even thought about girls (except Arabella) in that way and now I'm really confused. She text me the next day, laughing it off so I don't think she's thinking about it like I am.*

You need to talk to her if you want to take things further. I'm a nightmare for snogging my female friends when I've had a few, and I'd want to know





**Model: Leah Harris**  
**Photographer: Chris Beasley**

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about it if they felt this way. If you don't talk about it, things will become really awkward between you and you don't want your friendship to suffer. But think about it properly before you approach her, if your feelings aren't reciprocated, that'll also make things awkward.

If you don't want to take things further, chiiiiiiiiill, you were drunk, she was drunk, drunk girls snog all the time! Leave it at that and maybe avoid the shots next time you're together!

Leah



# DIXIE LOVE

**Hi Dixie, how does it feel to make it in to the Elite Fitness special?** Wow I'm honoured! I love working out and I'm glad to show off my new body and prove that hard work pays off!

**Do you consider yourself a fitness fanatic?** Honestly I'm the laziest fitness fanatic there is... One workout a day that's it.

**What is your favourite way of keeping fit?** Honestly it's the Vicky from Geordie shore workout DVD... Don't laugh. It works!

**What would you say your best feature is?** It used to be my boobs but now it's my stomach!

Model: Dixie Love  
Photographer: Brend Trend  
Words: Neale McGeever





**BOOBS**















**What would you recommend for those reading this who want to keep fit?** I'd just say, eat healthy and work out, even if it's not at the gym, take the stairs once a day, it'll burn calories and increase metabolism!

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I can honestly say I've done neither!

**Do you prefer men who keep fit?** As long as they have a good sense of humour I'm a happy dixie!

**Who to you look up to in terms of the 'dream body'?** Dream body has to be Peter Griffin, that guy has buns of steel.

**Do you believe sex is good exercise?** I am a full believer in this statement, remember the harder you work the more calories you burn.

**What's your next fitness goal?** To turn this 2 pack into a 4 pack by summer!



**BOOBS**





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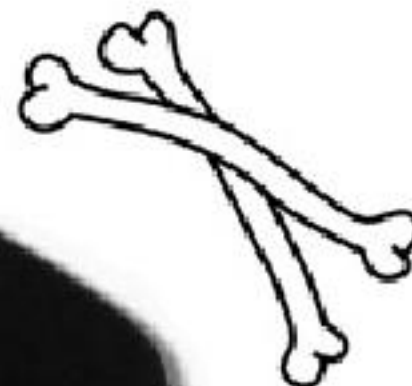




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# WORLDWIDE

Photographer: Tripodski | Words: Neale McGeever







**Hey Helen, how does it feel to make it in to the Elite Fitness special?** Excited! 3 years ago I never did the smallest amount of exercise and was happy that way, so extremely excited that I'm now being featured in a fitness edition of a magazine! Slightly proud of myself.

**Do you consider yourself a fitness fanatic?** Not at all, I still eat junk, smoke and drink, which a lot of 'fanatics' would frown on. I just realised just over a year ago I needed something extra in my life than walking 5 minutes to work to burn off a few extra calories.







**What is your favourite way of keeping fit?** At the beginning of last year I started doing pole fitness and also got in to aerial gymnastics at a local studio called Active Cherry run by my friend Andi. It's amazing fun and a great way of keep fit without spending hours down the gym staring at sweaty steroid junkies telling each other how awesome they look. It also pushed me to have a hobby, which then led me on to take my pole fitness instructors exam last month, I love it.

**What would you say your best feature is?** My eyes, they're a slightly different colour every day, and change with my mood.

**What would you recommend for those reading this who want to keep fit?** I would say pole fitness for any girls reading, dependant on where you go, it doesn't have to be the 'sexy' side of pole, it builds up your core strength without you even realising. It can also give you a great confidence boost.

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I never jumped on that band wagon. I'm the kind of person the more someone rants and raves about something the more I lose interest. But I might give it a go one day, I know a lot of people that swear by it.

**Do you prefer men who keep fit?** It doesn't bother me too much to be honest. It's not the number one thing I look for in a guy, but it is good if they're motivated to take care of themselves.

Model: Helen Jade  
Photographer: Tripodski  
Words: Neale McGeever















**Who do you look up to in terms of the 'dream body'?** I've never really looked at someone and thought "I need her body". I appreciate every shape and size and feel sometimes it's unhealthy to aspire to be someone else. You should work on your own assets to enhance them and show off what you've got.

**Do you believe sex is good exercise?** Of course it is! And anyone that says it isn't either doesn't get any or doesn't put the legwork in!

**What's your next fitness goal?** By the end of this year I want to get in to doing silks as well in the studio I train in. But they scare me a little bit, not gonna lie.



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Model: Helen Jade  
Photographer: Tripodski

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FRESH WEAR







# NATASHA KALASHNIKOVA

Photographer: Jack Russell

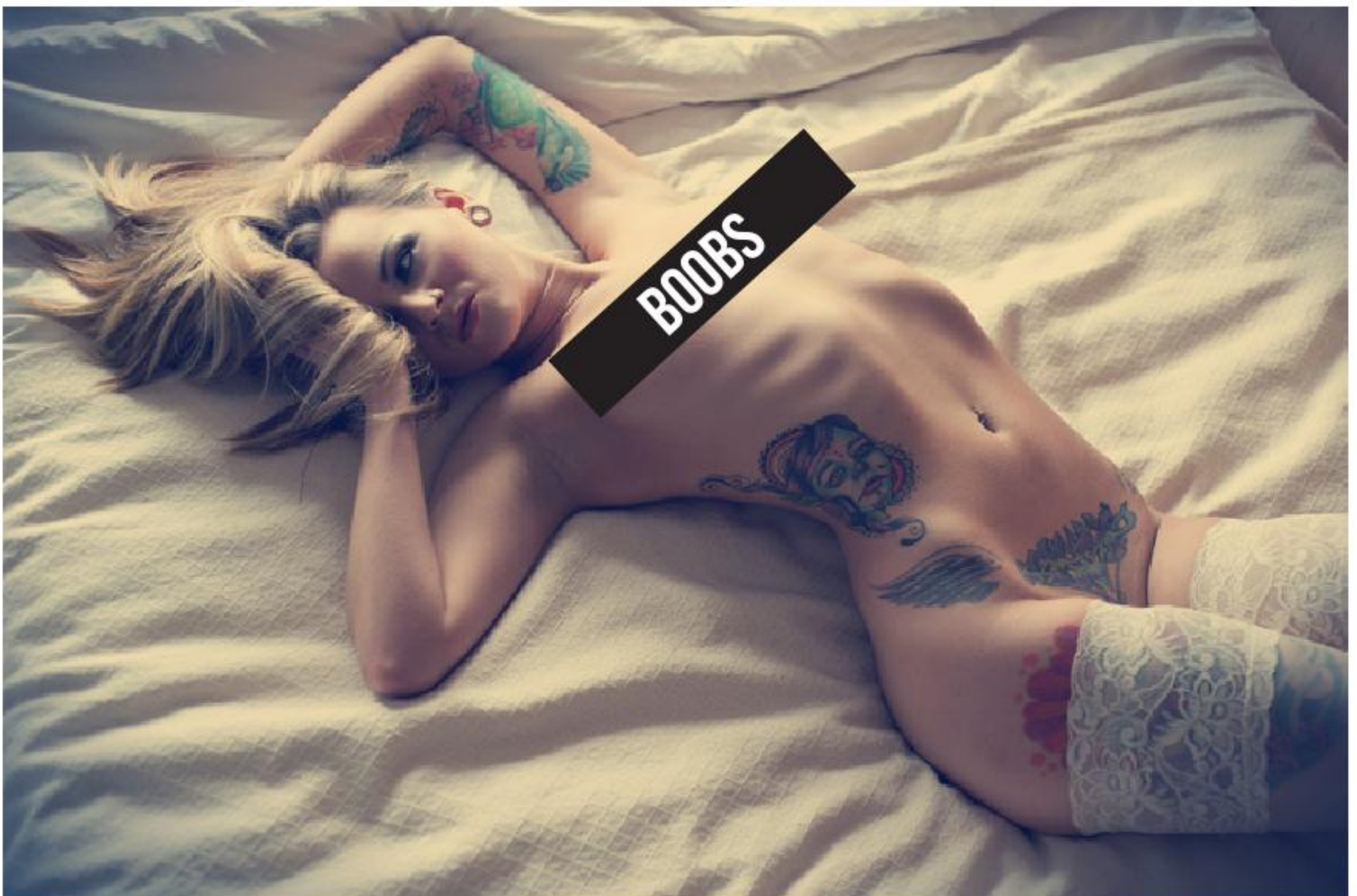








# NATASHA KALASHNIKOVA





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# ROSIE ROBINSON

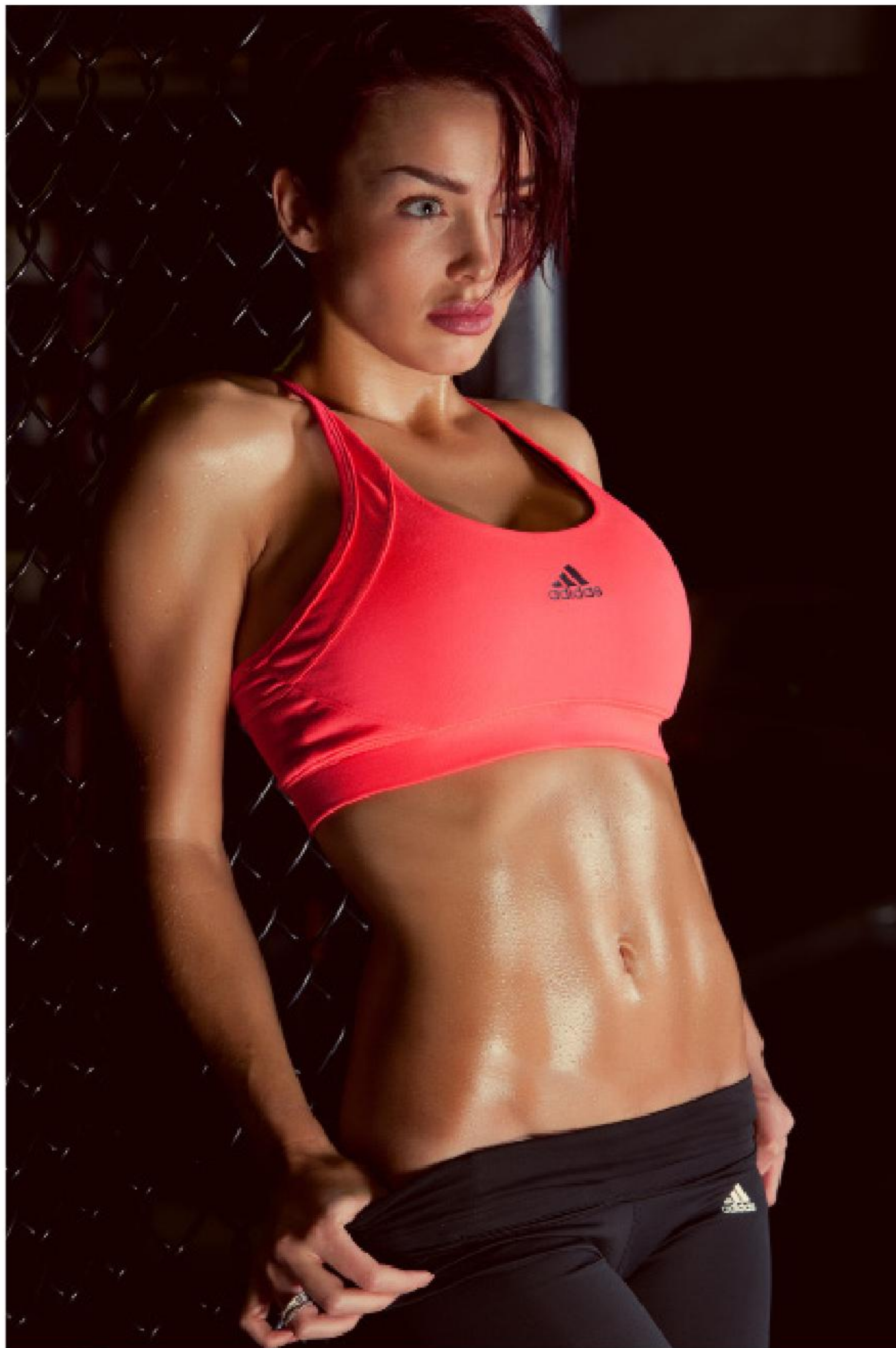
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PHOTOGRAPHER: JACK RUSSELL  
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It's a joy to be welcoming back the righteous Rosie Robinson to Elite Online Magazine. Good to be back? It's great to be back of course, thanks for having me.

Your last feature in Elite's pages was met with a lot of excitement and salivating readers. What have you been up to since Rosie? I'm glad. I was so happy with the article. I've been super busy working and training. I've just come back from snowboarding too which was amazing!

It's clear to see that you've been keeping up with your fitness regime. You're in incredible shape if you don't mind me saying. How's the training going? Still going at it as hard as ever? Ahh thank you very much, that's very kind. Yes still training really hard, I love it though :) I am probably training more now than when I last spoke to you as I've entered a fitness competition in June, so preparing for that.

As well as your previous feature, and this new spread, we've also collaborated on a fitness themed post for the Elite website. It was wonderful to work on, and really gave an insight into your fitness background. Do us a favour and say something that'll convince people to check it out... The mere fact that you're involved should be enough of course. Yes I enjoyed doing our fitness article, was great fun! Guys if your looking to get fit or are generally interested in fitness definitely check it out on the Elite website! I loved working on this and I hope you guys enjoy it :)







MODEL: ROSIE ROBINSON | PHOTOGRAPHER: JACK RUSSELL


On the subject of fitness, I never asked you what your guilty pleasures were. Looking at your magnificent figure I can't imagine you eat takeaway a whole lot, but when/if you do, what are you ordering? Or are you a bit of a takeaway virgin? It's hard to think there's someone that might not have ever had a Domino's pizza. Hehe I do still love my cheat nights don't get me wrong! I'm not super super strict, I do live a little too. If I was to have a cheeky cheat night I would go for a Chinese or a naughty Domino's. Oops I'm dribbling haha!

Having achieved what many perceive as the perfect body, what is exercising all about for you now Rosie? Is it about maintenance and striving to sustain your level of fitness (is every sense)? Or

have you actually got parts of yourself that you're still trying to perfect (as insane as that would be)? There are areas of my body I need to work on more than other body parts, I am just trying to build a little more muscle on my body in most areas and I will be happier. Once I've done that it will just be about maintaining it :) I'm very picky haha!

Your appearance in the most recent Elite is of course a triumph. You're fast becoming our poster-girl for perfection. You worked with Jack Russell on the shots, and not so long ago I caught up with him and got a glowing review of you as a worker and a person. Any words to say about Jack? Hehe thank you, I'm flattered and really grateful to be apart of Elite again. Yes I've worked with Jack many times and





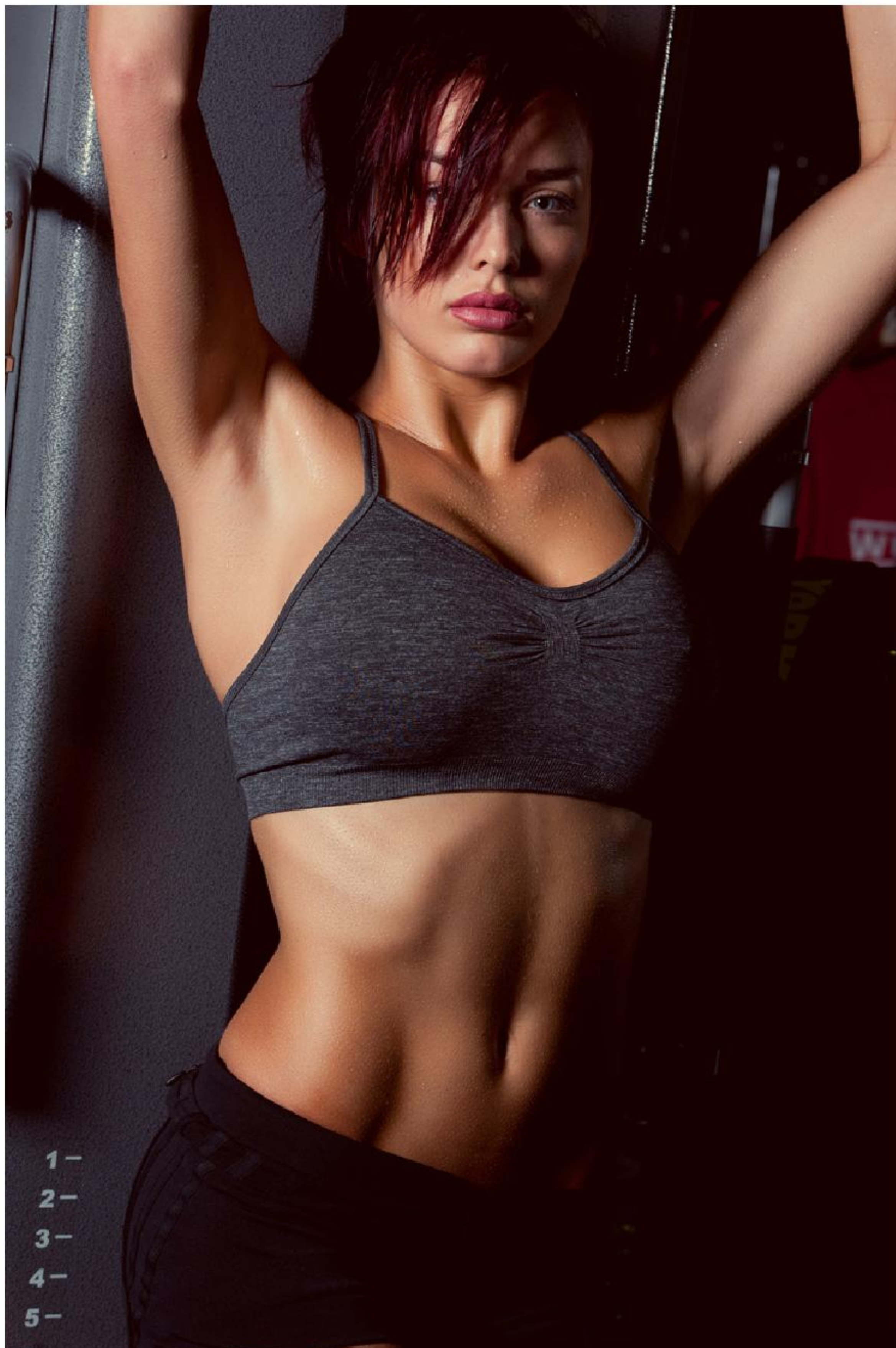
I will continue to work with Jack in the future! He is a great guy to work with. I would most definitely class him as a good friend now, he has helped me so much in this industry and I am truly grateful. His work is amazing as I'm sure you will agree :) Couldn't say a bad word against him :)

**He was pretty enamoured of your bottom (as we all are) in the interview if I remember correctly; are there any physical or personality traits of Jack's that impress you? The beard, the tats, the wit, the intellect?** Haha he makes me giggle. He's just a lovely down to earth guy which I love! We have such a laugh when we are shooting, he really does make me chuckle. And of course I love his beard, I'm going to plait it one day!











Would you talk us through the days shooting for your most recent Elite extravaganza please Rosie? I hear Jack makes a mean hot chocolate, did you partake, or was it not on the diet? How was this latest experience? My experiences shooting with Jack are always pleasant and I always enjoy myself when I am with him :) He makes the best hot chocolate and cups of tea! He's a great host actually. Always looks after you and makes sure you're okay :)

You're cavorting on a bed in some delectable undies, are you at the stage as a model where you're just 100% confidence in your underwear, or is there still that shyness and consideration while shooting? I feel quite confident in my undies yes.. Especially when shooting with a photographer who makes you feel comfortable. I think the underwear you wear is very important, as long as it fits me perfect I'm good to go.

What's it like between shoots? Most of the time it seems it's all about warming up while shooting in freezing rooms, but are you one for frolicking in not much while the next shot is set up, or are you quickly wrapped in dressing gowns and the like? I'm normally wrapped up in a blanket or dressing gown! I feel the cold quite easily hehe! Not as bad in the summer though :-)

Looking back on this latest set, what were your favourite memories of producing them? Were there any bloopers while working on them, any props, wardrobe or moments that you particularly recall? I love shopping for new little outfits for my shoots, that's always fun but all of it really! Shooting to music, I love having a dance in between sets haha! I had a good boogie on the latest set, it was great hehe!

As always your work shines out as quality, and you're amassing quite the career for yourself in front of camera these days Rosie. How are you finding the modelling world, is it treating you well? I love the modeling world! Always have and always will. It is not easy and it's not all as glamorous as people think. It's taken me a good few years to start getting noticed but it's been worth it.

You're already a star in our magazine, but we've no doubt you're destined for stardom all over the place very soon Rosie. Have you had to deal with any kind of shift in your status since getting into modelling? Have you been "recognised" yet? Hehe thank you! Things are definitely starting to come together which is exciting! There are a few things in the pipeline so keep an eye out.









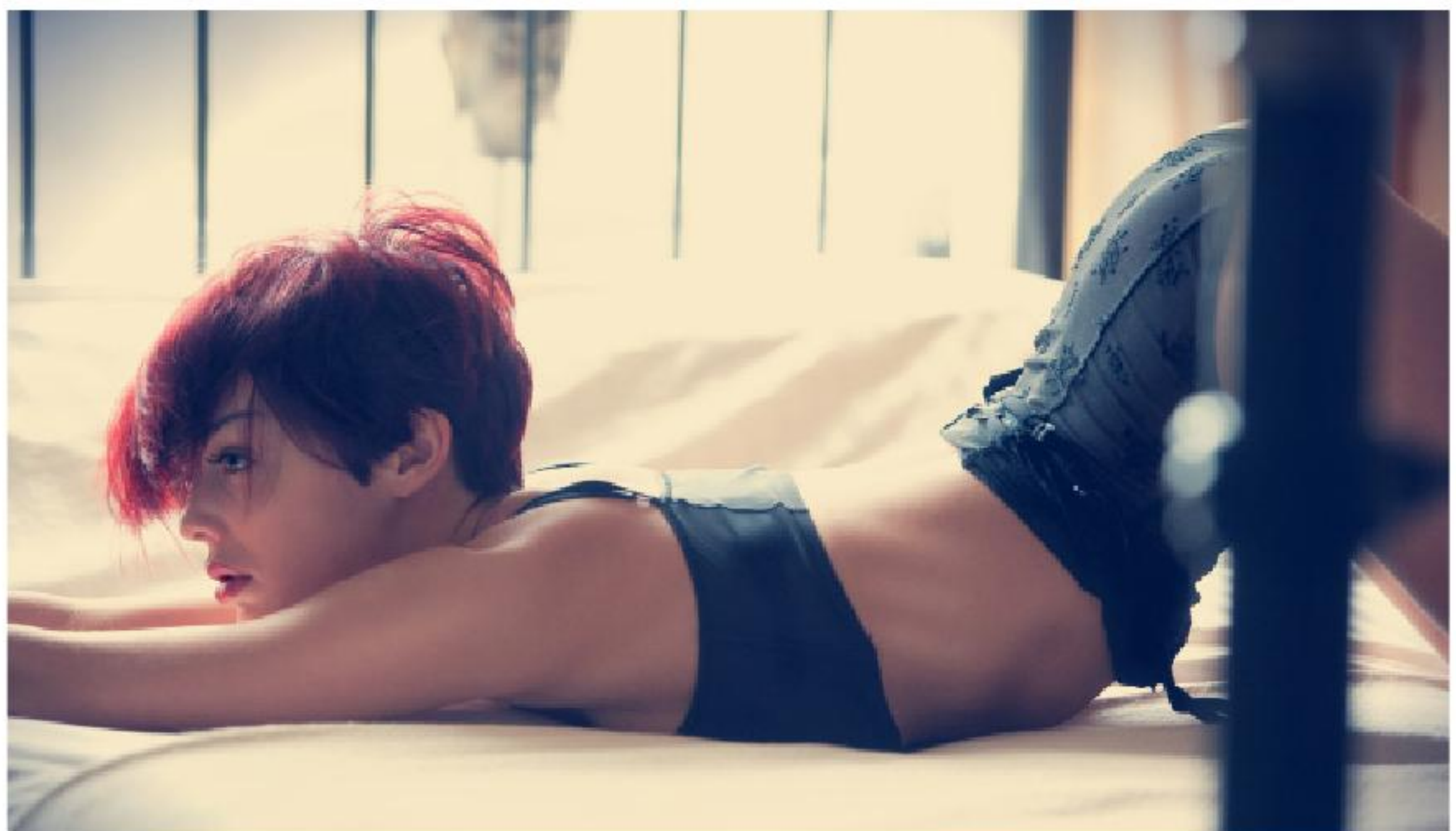




It's always a wonder to see your work in our pages Rosie. The Elite team and its readership salute you wholeheartedly. Did you have a message for all you fans in the Elite community and further afield? Thank you so much, the Elite team are always a pleasure to work with and I hope to work with you guys again and again in the future. I'd like to definitely say thank you to everyone who has been so positive and lovely about my modelling, I read everyone's comments and appreciate all the fantastic enthusiasm! Mwahhh xxxx

Lastly, before we let you head back off to the gym. Share with us a few things: Firstly, what are the top three songs played on your gym playlist? Ohhh that's a tough one... I have so many songs!! I mostly listen to old school rnb, a bit of Ashanti, R Kelly etc It's the best and gets me in the mood for a great workout!

Lastly, is the women's locker room the nirvana us chaps believe it to be, and are you one for walking around in there in the buff? Haha so funny! Yes of course, I love being naked, especially after a hard workout!





A man with dark hair and a beard, wearing a black baseball cap and a white t-shirt with a graphic, stands in front of a wall covered in colorful graffiti. The graffiti includes large letters and abstract shapes in green, yellow, red, and black. The man is looking towards the camera.

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**In Bed With**

**Nina Terror**

Model: Nina Terror | Photographer: Tripodski





**Hi Nina welcome back! How does it feel to make it in to the Elite Fitness special?** Great as per usual, feels good to be back in Elite.

**Do you consider yourself a fitness fanatic? Does sexercise count?**

**What is your favourite way of keeping fit?** I am not a huge gym buff, I prefer to keep fit by doing pole fitness. It's fun, and great for upper body and core strength.

**What would you say your best feature is?** I love my boobies!







**DO YOU BELIEVE SEX  
IS GOOD EXERCISE?  
OF COURSE, WHO  
DOESN'T... BEST FORM  
OF EXERCISE I SAY!**











## BOOBS

**What would you recommend for those reading this who want to keep fit?** Eat clean, you can't out-gym a bad diet.

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** Yes! I swear by Jillain Michael's DVDs. My favourites have to be 30 day shred, Killer buns and thighs, and 6 week six-pack!

**Do you prefer men who keep fit?** It's always a bonus, but too much muscle can be a turn-off as well.

**Who do you look up to in terms of the 'dream body'?** Sabina Kelley has an amazing figure

**What's your next fitness goal?** I don't have any goals per say... it's always work in progress.









**BOOBS**









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# CAROLINA BORG

Photographer: Jack Russell















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# Lilly May

Photographer: Tripodski  
Words: Neale McGeever

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## BOOBS

**Hi Lilly! How does it feel to make it in to the Elite Fitness special?** It awesome! I love Elite, I'm glad to be apart of it and share my fitness tips ;)

**Do you consider yourself a fitness fanatic?** I would consider myself as a bit of a fitness fanatic, I work out a lot and enjoy keeping fit, it makes you feel sexier.

**What is your favourite way of keeping fit?** Apart from in the bedroom.. I mostly enjoy jogging in nice locations with my headphones and enjoying the view.

**What would you say your best feature is?** I think my best feature is my ass and eyes. I love ass shots!

Model: Lilly May  
Photographer: Tripodski  
Words: Neale McGeever









# BOOBS

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**What would you recommend for those reading this who want to keep fit?** I would recommend doing at least an hour of exercise everyday, 6 days a week, even if it's just doing cardio at home, and nutritional eating is important.

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I did the 30 day challenge and the results were definitely worth it. I've achieved a better toned yummy bum from it!

---







**DO YOU BELIEVE SEX  
IS GOOD EXERCISE? I  
DEFINITELY THINK SEX  
IS GOOD EXERCISE!  
IT'S NOT ONLY A HOT  
WORKOUT BUT IT'S  
PLEASURABLE TO.**





**Do you prefer men who keep fit?**  
I think it is important for everyone to keep fit, but a guy with a good body is always a turn on.

**Who do you look up to in terms of the 'dream body'?** Nicole Scherzinger <3

**What's your next fitness goal?**  
My next fitness goal is the six pack challenge.

Model: Lilly May  
Photographer: Tripodski  
Words: Neale McGeever

**BOOBS**





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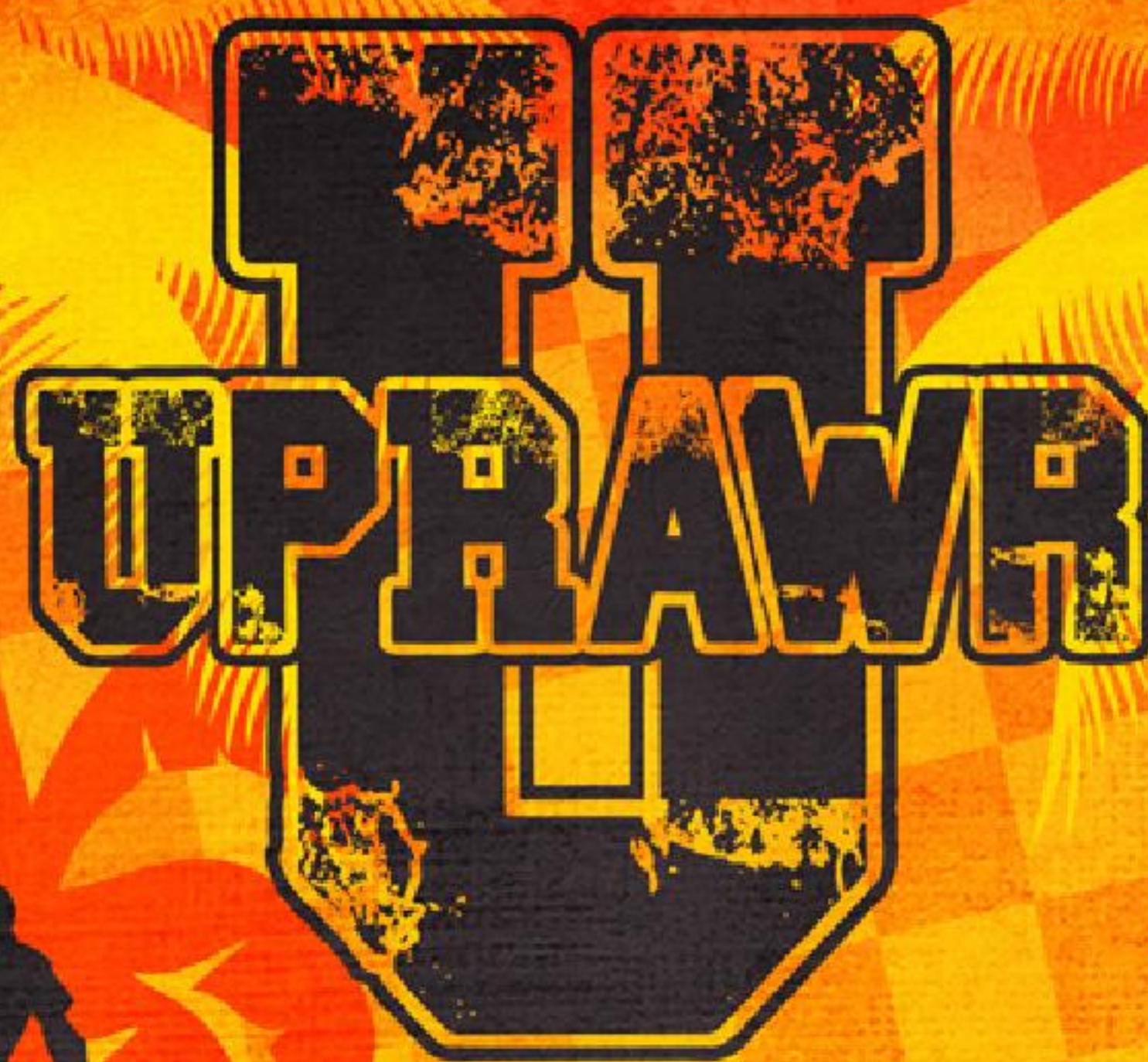
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# Heffy Is Back!

**Hey Heffy! How does it feel to make it in to the Elite Fitness special?** Pretty awesome! And unexpected!

**Do you consider yourself a fitness fanatic?** Not really! It was kind of an accident, I lost my Dad to cancer, and our local hospice helped us take care of him, it was a very dark time and I don't think I would be here today if it wasn't for the support of the hospice. I wanted to do something positive as a way to remember him and make some money for the hospice so I signed up for a 10k race, and then a year later I'm doing the London marathon for them! Check out my just giving page... [www.justgiving.com/khh-wheeler](http://www.justgiving.com/khh-wheeler)

**What would you say your best feature is?** I'm not sure, there only thing I super love is my hair! I get lots of nice comments on my eyes too I guess.

Model: Heffy  
Photographer: Jack Russell  
Words: Neale McGeever









**What would you recommend for those reading this who want to keep fit?**

Stick to it, the first run I completed was a mile and thought I was going to die! Now my short run is 10 miles! The first few attempts are the hardest and after that it's awesome how quick your body starts to respond.

**Do you prefer men who keep fit?**

Not really, I am more into love handle then muscle, but I am very active, and like being outdoors doing stuff and I would need someone to keep up.

**Who to you look up to in terms of the 'dream body'?**

I try not to become to body obsessed but it's tough when you work in a industry where so many women literally have the perfect figure it can drive you crazy. I try to focus on the positive changes exercise has on my own body.

**What's your next fitness goal?** After the marathon who knows! I will have to top that which won't be easy! I'm thinking of climbing a mountain in Canada, for charity of course!

Model: Heffy

Photographer: Jack Russell

Words: Neale McGeever









**WHAT IS YOUR FAVORITE WAY  
OF KEEPING FIT?** I LIVE NEXT  
TO A BIG FOREST SO I'M REALLY  
LUCKY. I JUST GO RUNNING AND  
GET LOST UP THERE FOR A  
FEW HOURS, BUT I LIKE DOING  
WEIGHTS IN THE GYM TOO!

















# THE TWO FITTEST FRIENDS

Model: Chloe Bodimeade & Laura Phelps  
Photographer: Tripodski  
Words: Neale McGeever

BOOBS





# Chloe Bodimeade & Laura helps

**BOOBS**







**Hey Chloe, welcome back! How does it feel to make it in to the Elite Fitness special?** It feels great actually, it's cool to be recognised for having a 'Fit' body. It shows my hard work is paying off!

**Do you consider yourself a fitness fanatic?** Yes, I guess so! I feel SO much better when I'm working out and it means I can eat naughty stuff sometimes without feeling guilty, I love my food!

**What is your favourite way of keeping fit?** I have a personal trainer and I love it! We mix our workouts up each time and it keeps me interested. I don't think I am a gym sort of girl, I think I'd just end up standing around gossiping :P

**What would you say your best feature is?** I think my butt is pretty popular... haha.

**What would you recommend for those reading this who want to keep fit?** I'd defo recommend a PT to get you started. This way you get the one on one time you need and they definitely bring out the best in you. My PT Alex Quinn is awesome, he is really positive and although he makes me work really hard I still enjoy my workouts. He can get the best out of me in a short amount of time... there isn't really any need to spend hours in the gym. Follow him on Twitter @AlexQuinnPT ;)

**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I actually have! I set an alarm on my phone every evening to remind me haha! I think I kept it up for 20 days and I swear it worked!!



**BOOBS**









**Do you prefer men who keep fit?** 100% who doesn't like a guy with a nice body?

**Who do you look up to in terms of the 'dream body'?** Beyonce has an amazing figure, I prefer curves on girls.

**Do you believe sex is good exercise?** Haha of course. Think of how many calories you burn! Actually I've changed my mind... This is my favourite way of keeping fit!

Model: Chloe Bodimeade & Laura Phelps  
Photographer: Tripodski  
Words: Neale McGeever









**BOOBS**

**BOOBS**



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**How does it feel to make it in to the Elite Fitness special?**

Privileged ;) It's exciting to be in Elite! I had such a good time shooting will be awesome to see the feature!

**Do you consider yourself a fitness fanatic?**

I don't train as much as I used to but feels awesome getting back into the swing of it . I should be training around 6/7 times a week if all goes to plan, got some new motivation as me and my friends have just booked a holiday to Ibiza in the summer so it will all be in preparation for that. I'm all for curves but a nice toned figure never goes a miss and there's only 1 way to get it.

**What is your favourite way of keeping fit?**

I train at a gym in Bath called Body Development where we do all sorts but my favourite part has to be boxing! It's amazingly tough but I really enjoy it.

**What would you say your best feature is?**

Apparently it's my smile! Happy people are more attractive right?

**What would you recommend for those reading this who want to keep fit?**

'You cant out-train a bad diet' is one of my favourite quotes because it's definitely true! And always pick something you enjoy. It means you will stick at it, do your best with it and you won't get bored!

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**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I haven't personally, but maybe I should! Although squats are involved in my training and they are an evil exercise when you get them right! It's all about a peachy bum!

**Do you prefer men who keep fit?** I'm not gonna lie! I do find it very attractive! A good body makes me a little weak at the knees!

**Who do you look up to in terms of the 'dream body'?** Michelle Keegan has got to be an icon of mine! she's practically perfect! The things I'd do for a body like hers!

**What's your next fitness goal?** Honestly? It's not very girly but would love to be able to do a pull up pyramid. It looks evil and I'm always up for a challenge!

---

Model: Chloe Bodimeade  
& Laura Phelps  
Photographer: Tripodski  
Words: Neale McGeever







**DO YOU BELIEVE SEX IS GOOD EXERCISE?** WOULD IT BE CHEEKY IF I SAID YES TO THAT ONE? MAYBE A LITTLE BUT I WILL ANYWAY! PRETTY SURE I DON'T NEED TO EXPAND ON THAT ONE THOUGH ;) HAHA.

**BOOBS**



Model: Chloe Bodimeade  
& Laura Phelps  
Photographer: Tripodski  
Words: Neale McGeever



**BOOBS**





PRESENTS

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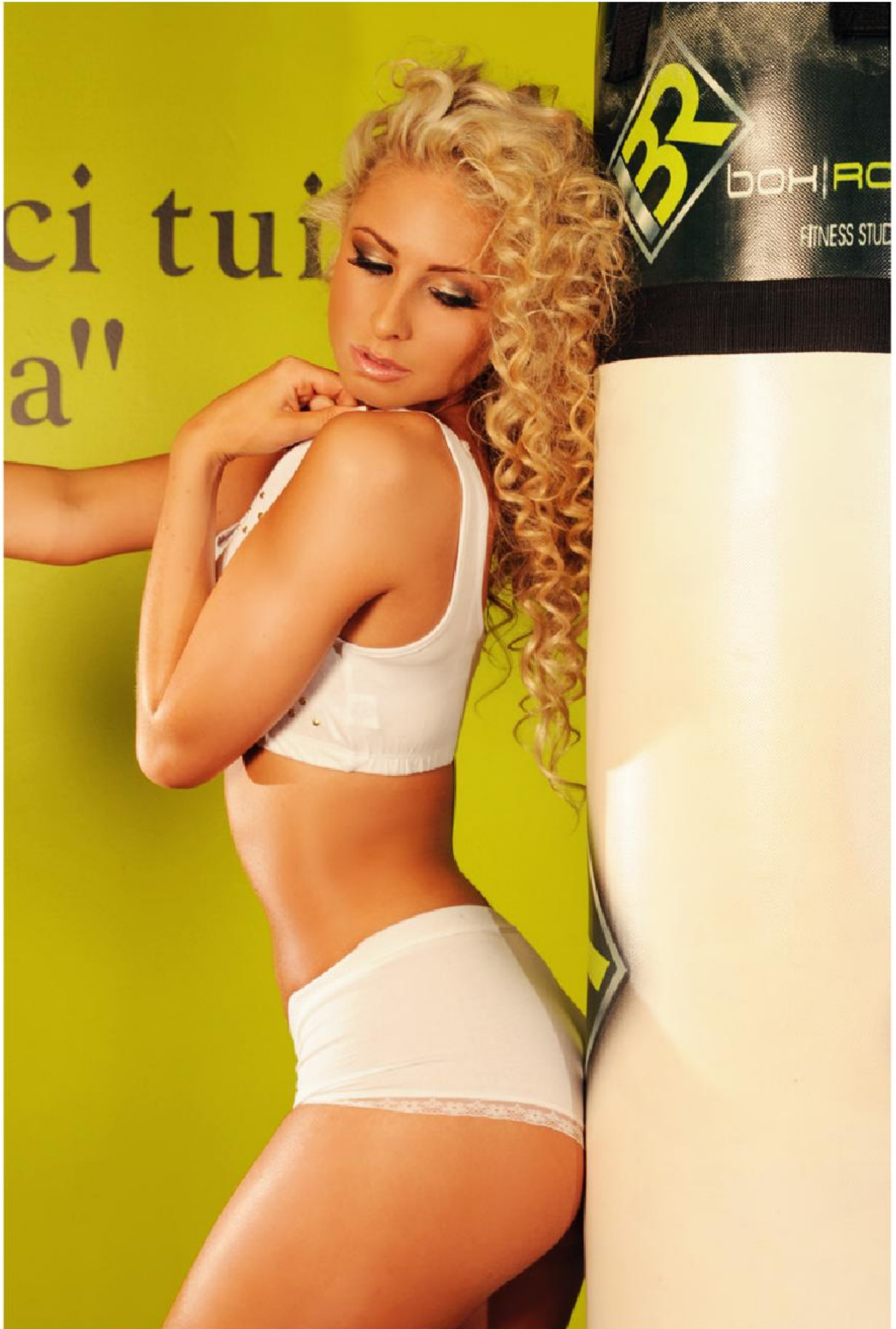


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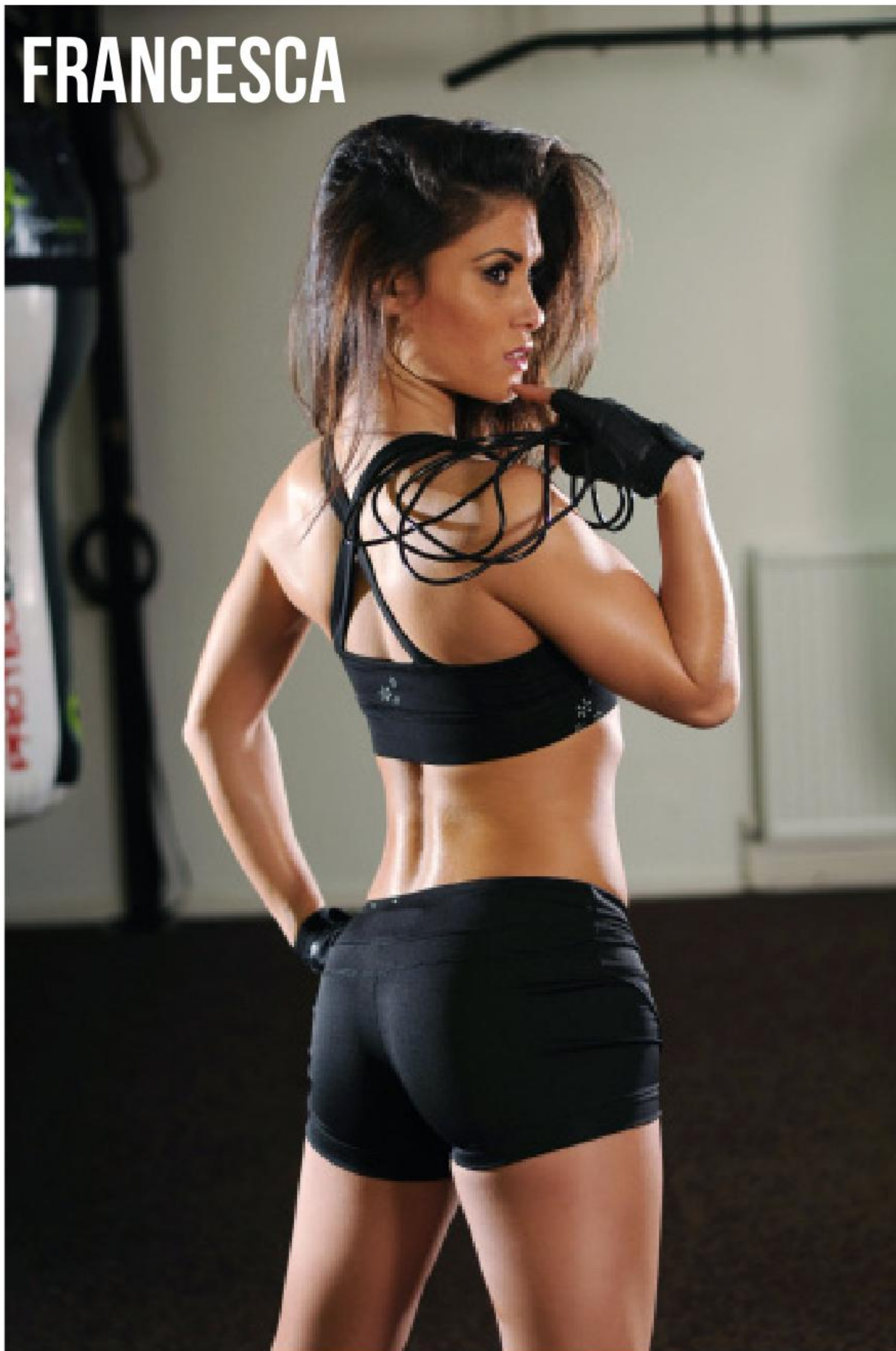




"No  
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# FRANCESCA







**KEELEY**

Photographer: PICFX



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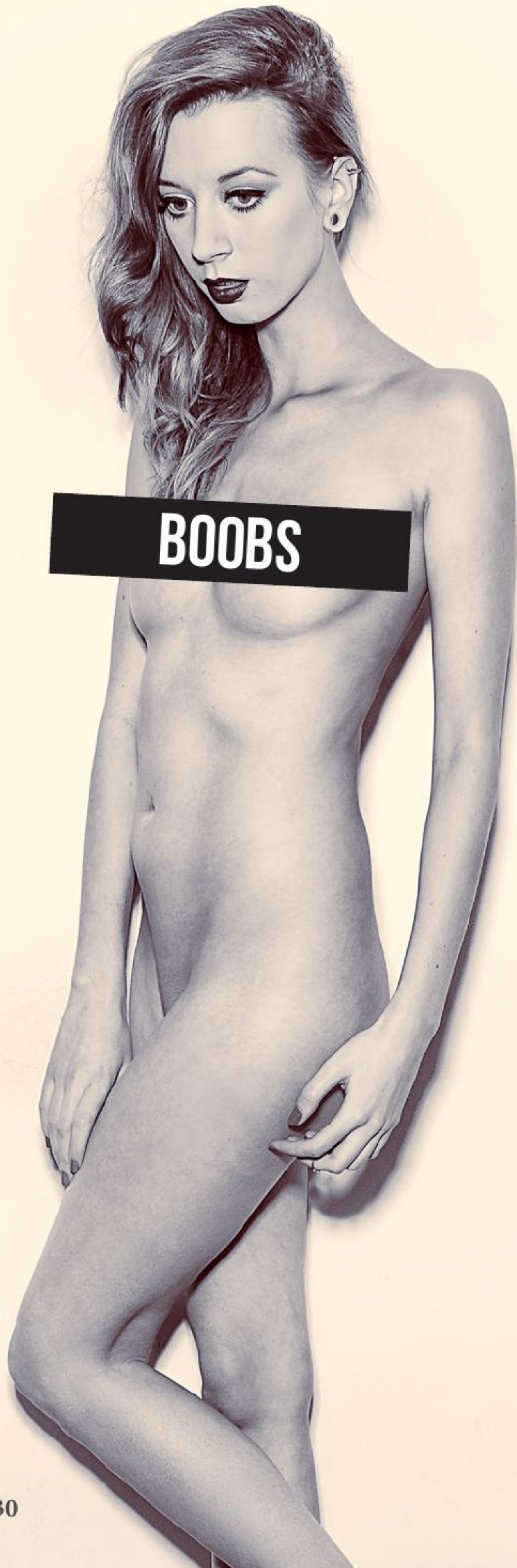




Photographer: Dekker : Words: Neale McGeever

# REBECCA LOUISE





## BOOBS

**Hey Rebecca! How does it feel to make it in to the Elite Fitness special?** I'm very honoured, although anyone that knows me will laugh as I'm certainly not the fittest person around.


**What is your favourite way of keeping fit?** Well being a veggie I cut out a lot of crappy food but exercise wise... Yoga definitely, although it makes me so hungry! Haha.

**What would you say your best feature is?** Mmm... most probably my eyes.

**What would you recommend for those reading this who want to keep fit?** Eat your five a day, walk everywhere and have lots of sex!


**Have you done the 30 day squat challenge or 30 day shred? Were the results good?** I've done the 30 day squat challenge and I have started to do it again recently, it's always a must for summer. I don't know what the 30 day shred is but I don't think I want to!





**DO YOU CONSIDER  
YOURSELF A FITNESS  
FANATIC? NOT IN THE  
SLIGHTEST BUT I DO LIKE TO  
LOOK AFTER MYSELF :)**





Model: Rebecca Louise  
Photographer: Dekker  
Words: Neale McGeever

**Do you prefer men who keep fit?** I don't like the whole 'ripped' look that guys think looks good but I like a guy to look after himself and have big arms... big arms is a must!

**Who do you look up to in terms of the 'dream body'?** Alysha Nett, she's my ultimate girl crush!

**Do you believe sex is good exercise?** The best exercise!

**What's your next fitness goal?** I want to start pole exercise again, I did it throughout last summer and it was the most intense exercise I've ever done!







# NATALIE HACKING

Photographer: Jack Russell



















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